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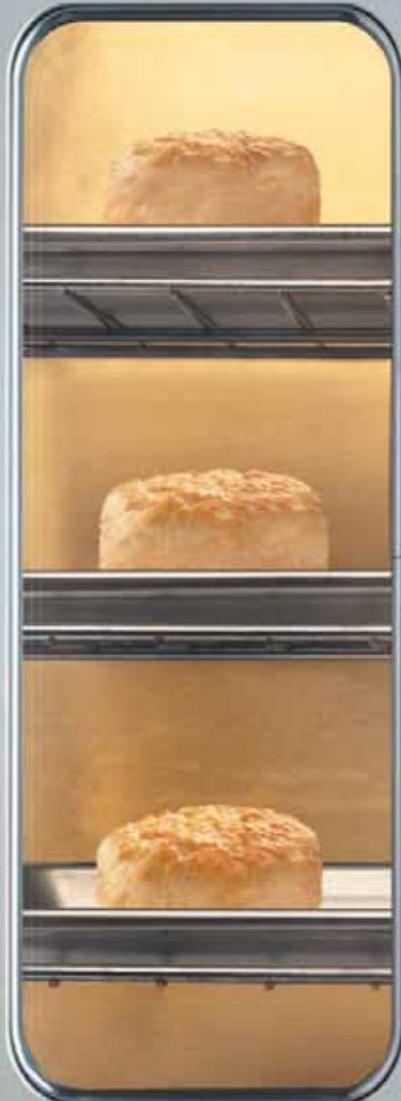
Tuesday, February 8, 2011
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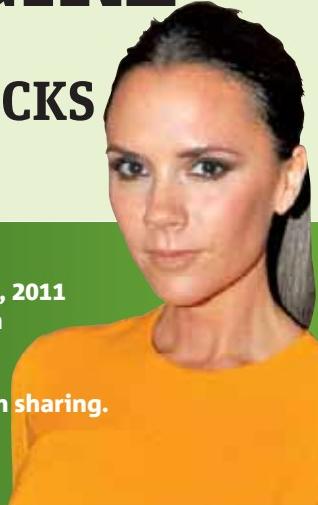
NOW YOU'RE LEARNING
WHAT'S ON OFFER AT
SCHOOLS NEAR YOU,
AND MORE {pages 18-22}

USE YOUR NOODLE
PAD THAI MAKES
A SPICY COLD SALAD

{page 13}



IT'S A GIRL
AT LAST, FOR
POSH AND BECKS
DISH {page 11}



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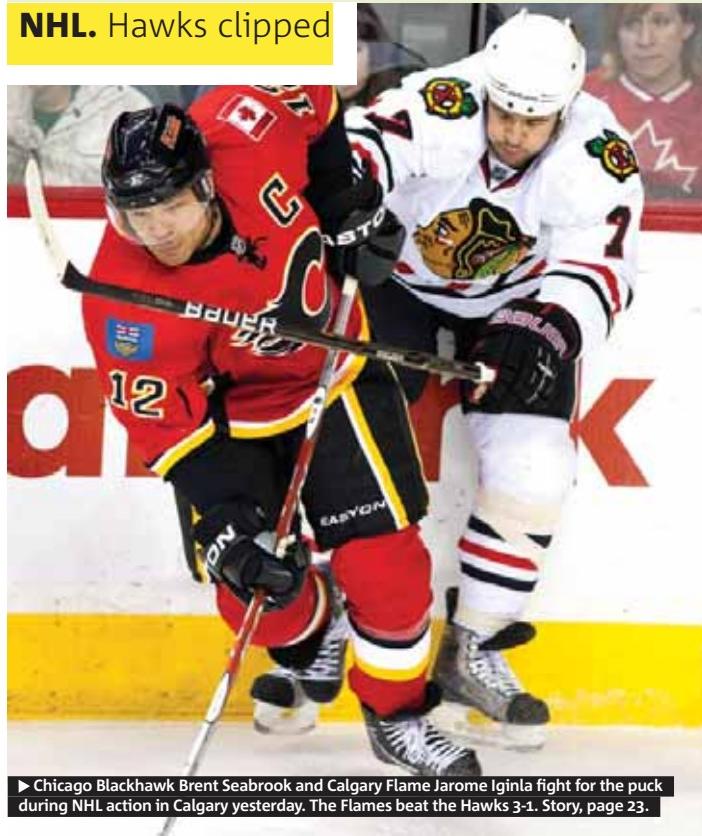
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Tuesday, February 8, 2011
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News worth sharing.

NHL. Hawks clipped



►Chicago Blackhawk Brent Seabrook and Calgary Flame Jarome Iginla fight for the puck during NHL action in Calgary yesterday. The Flames beat the Hawks 3-1. Story, page 23.

JEFF MCINTOSH/THE CANADIAN PRESS

Flames keep chugging along

**Carmakers score
with Super Bowl**

Commercials prove popular
with viewers {page 6}

**Becoming a
better investor**

Do your homework and don't
hesitate to seek help {page 16}

Tunnel debate goes long

► Calgary Airport Authority will close Barlow Trail on April 3 — 54 days from today ► Negotiations are ongoing between the city and the airport

Tensions ran high last night during a marathon council session as aldermen inched their way towards a decision on the airport tunnel.

Council voted to wave the 9:30 p.m. deadline and continue to debate the tunnel, but had yet to reach a decision by press time.

"This is a project that I've been supporting from the get-go," said Ald. Andre Chabot during the debate.

Chabot said there is no question spending on the tunnel will hurt the city financially, but he added it has to be done.

"It's absolutely essential that it be done today ... Short-term pain for long-term gain."

Ald. Diane Colley-Urquhart expressed concern, however, wondering what future projects would be thrown in jeopardy should the tunnel be approved.

Colley-Urquhart said the risks outlined in a confidential report released Friday were too great to give the tunnel a pass.

"If you don't know the final costs then what are you asking for from council? A

Levies, tolls suggested

► The approval of the tunnel would see the city seeking levies to be paid by business owners near the airport to help cover the cost.

► Ald. Druh Farrell also suggested administration will look into the benefits of a toll road.

blank cheque?" she asked of the city's transportation department.

Colley-Urquhart requested that the report be made public, but council voted against releasing the information and discussed the report in camera.

Ald. Dale Hodges also declared early on in the debate he would not be supporting the tunnel.

● KATIE TURNER



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metronews.ca/calgary

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Enmax announces new CEO

Enmax Corp. has announced interim president and CEO Charles Ruigork has signed a six-month contract worth \$1.2 million per year.

Ruigork, formerly the CEO of Syncrude, was made interim president of the city-owned utility earlier this month.

Ruigork replaced Gary Holden who resigned after controversy arose when it was made public that he accepted a trip to Monaco at the expense of an Enmax supplier two years ago.

The salary Ruigork will receive is roughly half that received by his ousted predecessor Holden.

Ruigork is also not eligible to receive the \$1,500 payment board members received for attending meetings nor will he be eligible for bonuses, according to reports.

• METRO

Nenshi says MSI will continue

Following a lunch meeting, Mayor Naheed Nenshi and Premier Ed Stelmach said the province remains committed to the Municipal Sustainability Initiative.

Nenshi and his council colleagues broke bread with Stelmach and members of his cabinet yesterday on a break from city council.

Stelmach said there will be no changes made to MSI funding this year, which he said will total \$254 million for Calgary.

"Remember that many municipalities have made long-term plans based on MSI staying and it's important," said the outgoing premier.

• KATIE TURNER



Newborn helps reeling family

Companies issued maximum fines in daughter's 2009 death Michelle Krsek, 3, was killed by falling construction steel from a hotel-condo project



JEREMY NOLAI
@METRONEWS.CA

Eighteen months after losing their daughter in a construction mishap, a Calgary family is attempting to focus on life's positives — namely a two-week-old newborn named Michael.

Michelle Krsek, 3, was killed by construction steel falling from the Le Germain hotel-condo project in August 2009 while

walking with her family on 9th Avenue SW.

"God gave us something back, but he took lots from us," said father Miroslav Krsek.

His comments came as Germain Residences Ltd., the building's owner, and subcontractor Flynn Canada Ltd. pleaded guilty to charges in relation to the incident yesterday under the Safety Codes Act. Both were slapped with \$15,000 fines.

Germain representative

Alex Kotkas said the organization has repeatedly expressed its condolences to the Krsek family.

"It's a good thing that the process is over and the family wasn't required to testify in a trial," he said.

The Krsek family opted to stay out of the courtroom yesterday.

"I would like to see their faces, to see how they feel but I didn't go," Miroslav said.

"Now, we are a little bit happy. We have a son."

Condolences

▶ Along with the \$15,000 fines levied against Flynn Canada Ltd. and Germain Residences Ltd., each company will also pay out \$2,250 in victim surcharges.

▶ Only four of seven one-inch screws intended to secure a 552-pound bundle of steel penetrated the deck of Le Germain's roof, according to an agreed statement of facts.



Groupon Super Bowl ad stirs up fury over Tibet. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Judge tells Church of the Universe members they're not exempt from marijuana laws. Video at metronews.ca

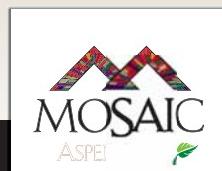


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VANOC warned of luge track dangers: Emails

► Messages first uncovered by CBC via Access to Information request ► Groups couldn't agree on changes

The father of a Georgian luger killed on the first day of the 2010 Olympics is angry that officials didn't act on their own concerns about the luge track's safety.

David Kumaritashvili made the remarks after internal emails released yesterday disclosed that John Furlong, CEO of the Vancouver Olympic Committee, raised concerns almost a year earlier that athletes could be injured "or worse" at the Whistler Sliding Centre.

Kumaritashvili said the VOC's failure to take action resulted in the death of his son. "I am indignant that they were aware that the track was dangerous and failed to make it safer. They did not take any measures. And that led to the death of my son," he said.

After Nodar Kumaritashvili, 21, was killed



► Nodar Kumaritashvili

during a training run, Furlong often repeated that such an incident was beyond his imagination. However, in an email dated March 2009, he raised the spectre that something could happen.

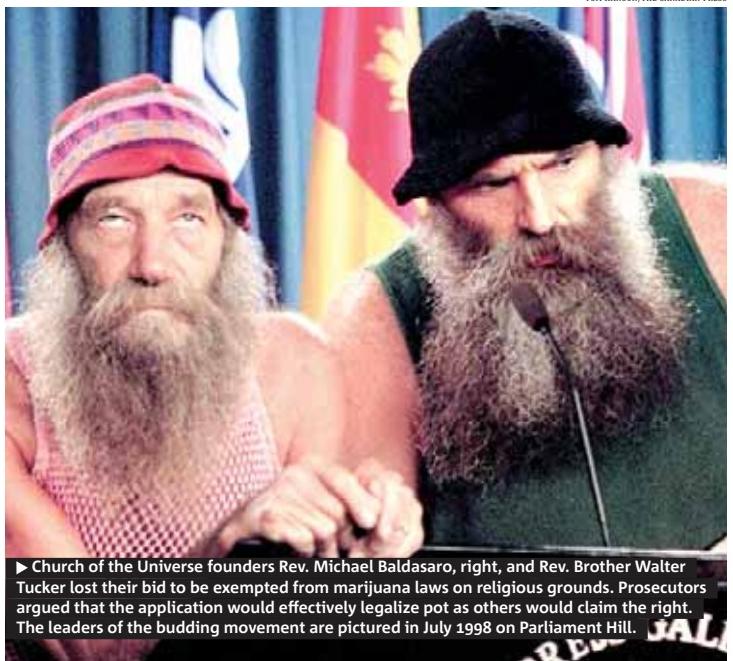
"Imbedded in this note (cryptic as it may be) is a warning that the track is in (the International Luge Federation's) view too fast and someone could get badly hurt," Furlong writes.

"An athlete gets badly injured or worse and I think the case could be made we were warned and did nothing."

Since luge federation officials didn't demand changes to the track, nothing was done.

David Kumaritashvili told the Associated Press yesterday that the organizing committee's failure to take action led to the death of his son.

"I am indignant that they were aware that the track was dangerous and failed to make it safer, they did not take any measures. And that led to the death of my son," he said. THE CANADIAN PRESS



► Church of the Universe founders Rev. Michael Baldasaro, right, and Rev. Brother Walter Tucker lost their bid to be exempted from marijuana laws on religious grounds. Prosecutors argued that the application would effectively legalize pot as others would claim the right. The leaders of the budding movement are pictured in July 1998 on Parliament Hill.

Pot not a religious right, court rules

A religious group has lost its bid to be exempted from Canada's marijuana laws.

The Church of the Universe uses the drug as a sacrament and argues the law infringes on their freedom of religion rights under the charter. Justice Thea Herman ruled against the church today.

The constitutional challenge came in the case of two church members

charged with trafficking.

Peter Styrsky and Shahrooz Kharaghani allegedly sold pot to undercover officers in 2006, and their case is back in court Feb. 21. Last year, the Supreme Court dismissed an application from church founders Walter Tucker and Michael Baldasaro for leave to appeal their 2007 trafficking convictions. The men sold small amounts of pot to

an undercover police officer who posed as a new church member.

On its website, the church refers to marijuana as God's "Tree of Life." "Church members are encouraged to surround themselves with the holy Tree of Life, not just inhaling it, but wearing it, growing it, writing on it, eating it, etc.," the site reads.

THE CANADIAN PRESS

Assange can't get fair trial in Sweden: Lawyer

The lawyer for Julian Assange argued yesterday that the embattled WikiLeaks founder will face a secret trial that violates international standards of fairness if sent to Sweden to face sexual assault allegations.

Geoffrey Robertson told an extradition hearing that Assange would not get a fair trial because of his notoriety and because Swedish rape cases are customarily held without public or media present, to protect the

alleged victims.

Closed-door hearings would be "a flagrant denial of justice ... blatantly unfair, not only by British standards but by European standards and indeed by international standards," Robertson said.

He said the risk was especially high, "given the amount of vilification throughout the world Mr. Assange has faced."

The British lawyer representing Sweden, Clare



► WikiLeaks founder Julian Assange, centre right, gets in a taxi as he leaves Belmarsh Magistrates' Court in London yesterday.

Montgomery, countered that Swedish trials were based on the principle that everyone deserves "a fair and public hearing." She said that in cases where evidence is heard in private it will often be published after the trial and recited in the judgment.

Assange is accused of sexual misconduct by two women he met during a visit to Stockholm last year. He denies wrongdoing.

THE ASSOCIATED PRESS

Extradition

► Hearing Julian Assange appeared composed and occasionally took notes as he sat in the dock at London's Belmarsh Magistrates' Court on the first day of a two-day hearing.

► Crime Assange's lawyers also say he cannot be extradited because he has not been charged with a crime in Sweden and is only wanted for questioning.

Carnival dreams dashed by fire

Rio de Janeiro's world-famed Carnival went up in flames yesterday for thousands of people who spent nearly a year preparing for the spectacular event.

Seamstresses, set designers and musicians in Rio de Janeiro watched in tears yesterday as firefighter

ers struggled to control a blaze that destroyed many of the elaborate costumes and floats they assembled for this year's Carnival parade.

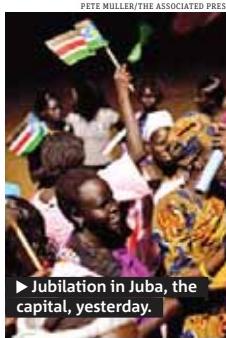
The cause is being investigated, a fire-department spokesman said.

THE ASSOCIATED PRESS

Southern Sudan to secede

In less than six months, Southern Sudan will be the newest country. Results from last month's independence referendum show 98.8 per cent of the ballots cast were for secession from Sudan's north.

THE ASSOCIATED PRESS



► Jubilation in Juba, the capital, yesterday.

Egypt releases Google executive

Egypt released a Google Inc. executive yesterday who became a hero of anti-government protesters after he vanished nearly two weeks ago while taking part in demonstrations calling for the ouster of President Hosni Mubarak.

Protesters in Cairo's central Tahrir Square say Wael Ghonim, a marketing manager for the Internet company, was one of the main youthful organizers of the online campaign that sparked the mass protests on Jan. 25.

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Will the real ad winner please stand up?

CONTRIBUTED BY VOLKSWAGEN



In this screen shot provided by Volkswagen, Darth Vader uses the Force on a 2012 Volkswagen Passat, in a 2011 Super Bowl XLV commercial.

Market moment

DOLLAR	Natural gas 1,000 cu ft	OIL	TSX
-0.18¢ (100.99¢ US)	\$4.104 (- 20.6¢) Gold contracts \$1,348.20 (- 80¢)	-\$1.55 (\$87.48 US)	+20.08 13,811.93

► Car companies take advertising cake for Super Bowl XLV

In the Super Bowl of advertising, Justin Bieber replaced Ozzy Osbourne and Joan Rivers became a Go-Daddy girl. But a pair of commercials by automakers took the online buzz trophy.

A two-minute ad for Chrysler starring Eminem and a Volkswagen ad featuring a mini-Darth Vader that went viral before it even aired were two of the most talked-about spots during advertising's big night, Super Bowl XLV.

The mini-Darth Vader ad had 13 million views before the game even started.

Chrysler was one of nine automakers that took advantage of advertising's biggest and most expensive showcase, at \$3 million for 30 seconds, trying to show it's back after two tough years.

"This is the Motor City and this is what we do."

EMINEM

The cinematic third-quarter Chrysler ad, the big story of the night, starred Eminem driving through Detroit, and introduced a new car, the Chrysler 200 sedan, amid gritty scenes of the city. A voiceover talks about how the city has survived going through "hell and back."

"This is the Motor City and this is what we do," Eminem says.

"It was a very risky commercial, but it scored very well with our panel" that rates the ads, said Tim Calkins, clinical professor of marketing at the Kellogg School of Management.

THE ASSOCIATED PRESS

FREEDOM FIFTY BUCKS

Unlocking cellphone freedom

Telus will begin offering service to unlock mobile phones that use SIM cards, a trend in the wireless industry that allows consumers to use the devices on other carriers' networks.

The telecom company said yesterday that starting on Feb. 15 its

customers will be able to pay \$50 to have their mobile phones unlocked.

"We know that people want the flexibility to use their phones as they see fit," said Brent Johnston, vice-president of mobility solutions at Telus.

Customers on long-term contracts, usually smartphone users, will be able to get their phones unlocked if they've had the device for a minimum of 90 days. Consumers could then buy SIM cards for other networks.

THE CANADIAN PRESS

WestJet teams with Delta

Customers of both WestJet and Delta airlines can now travel over connecting flights on one ticket, get boarding passes for all flight legs at check-in and tag bags through to their final destination.

"The United States is obviously a focus of our attention," said Hugh Dunleavy, WestJet's executive vice-president of strategy and planning.

THE CANADIAN PRESS

BlackBerry takes bronze

Research In Motion was No. 3 in the global smartphone market after Nokia and Apple in the fourth quarter of 2010, according to an IDC report.

The market research report says the Canadian tech company's growth was driven by BlackBerry sales outside North America.

RIM faces heavy competition in the United States.

THE CANADIAN PRESS

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NO REASON TO BE BLUE ON VALENTINE'S DAY

She says ...

JESSICA NAPIER



Every year, Feb. 14 is a day for single people to be bitter and miserable, couples to disappoint one another (carnations!) and Ashton Kutcher to star in yet another awful romantic comedy.

But I have a secret. As predictable as it is, I love Valentine's Day. I know, I know, it's not cool to like Valentine's Day; you want me to be cynical and write a spiteful speech about a Hallmark holiday that reeks of cheap wine and desperate consumerism, but you know what, I won't.

My enduring affection towards Valentine's Day is my secret shame. It is the romantic cliché I hate to love.

Most people think of this heart-shaped date as manufactured milestone between Christmas and Easter; a three-way conspiracy between greeting card companies, florists and Tiffany & Co.

Maybe they're right. But like Ralph Wiggum before me, I *choo choo choose* to embrace this saccharin sweet tradition and its cinnamon heart stench.

There are countless reasons to hate Valentine's Day, especially if you're single and don't like to be reminded of it. Smug couples sitting on the same side of the booth enjoying candlelit dinners across the city is enough to make anyone gag. But it isn't all

prix fixe menus and overpriced floral arrangements.

The 14th of February can be a date to love, even if you're dateless. It's a rosy pink bright spot in the middle of a very gloomy and frigid, albeit short, month. V-Day gives you an excuse to watch bad movies, listen to cheesy love ballads and wear pink and red together without judgment.

And so what if the only kisses you get are from Hershey's?

Unlike Christmas and Easter, Feb. 14 is a day devoted to overindulgent behaviour without the religious undertones to make you feel guilty about spending too much money and

eating tons of candy.

Seriously people, how could you hate a tradition that inspired conversation hearts? UR A HUNK ... NO THANKS ... FAX ME! Those funny and flirtatious edibles have been making us swoon since 1902 (yeah, I looked it up).

So I say, lighten up your bad attitude toward this misunderstood day and embrace it for what it is — an opportunity for over-the-top displays of affection directed towards the ones you love. And while you may not have a significant other, you probably have a number of pretty significant someones who would just love to hear UR GR8.



Read more of
Jessica Napier's columns
at metroneWS.ca/shesays

Cartoon

MICHAEL DE ADDER

ARM'S LENGTH (TO STEPHEN HARPER)



The buzz on buzzwords

Letters & Tweets

We asked: What buzzword would you like to see banned?

@sarcasmtoast: "Eco-friendly" — just because it doesn't spew poison and run on endangered bird eggs doesn't necessarily make it green. @bandercot: anything that we can attribute to Sarah Palin.

@robfreeman130: Game changer. Can't stand it! Most of the time there's no game to change!

@judnivenvo: how about "having said that" and "guru (of any kind)."

@adam_weitner_pr: social media guru.

@URBANERMEZEI: I believe "There's an app for that" should be stricken from

Cold hard cash



the records.

@cyrusrayne:

Revolutionary and magical. A certain computer company named after a fruit has beaten both into oblivion.

@deadlytoque: Oh god "actionable." Also "incentivize" and "dialogue" (as a verb; dialogue as a noun is fine).

@frodo87: "Moving

forward." My least favourite phrase in human history.

@ari_ospeedwagon: Please legislate against the following (punishable by castration): "optics" and "at the end of the day." Thank you.

@NEXXUS455: OMG!

@_mitch985: I'd be happy if I never heard "cold hard cash" ever again.

What is your favourite podcast?

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Metro has the right to edit letters and submissions.

Metro Minute at vitamin D talk

Vitamin D will be the hot topic — literally — during a panel discussion at the University of Calgary today. Representatives from Queen's University and the University of Toronto will join the U of C's Dr. Glenville Jones and local physician Dr. Stuart Wilkinson to discuss and debate numerous issues surrounding just how

much vitamin D an individual needs. The panel discussion comes after a recent report suggests more Calgarians are requesting vitamin D tests from their doctors. The discussion is scheduled to take place from 2-4 p.m. at the university's Rozsa Centre. Everyone is welcome to attend and admission is free. **METRO**



► Sunlight is generally regarded as the best source of vitamin D.

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► Elton John provided the soundtrack and was an executive producer for *Gnomeo and Juliet*.

Busy Elton finds time to laugh at himself

► Singer says *Gnomeo and Juliet* isn't a political allegory, but its message is important

 NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Sir Elton John is not, he would like to make it clear, planning on performing for Prince William's wedding to Kate Middleton in April.

"I don't know Kate and William," he says. "I'd made a joke that I'd probably be busking outside, but as far as I know I don't think so. No, it'll probably be someone like Barry Manilow — someone

younger and more attractive."

Besides, he's got enough on his plate with the recent arrival of he and husband David Furnish's first son, Zachary, and the release of *Gnomeo and Juliet*, the film on which he serves as executive producer and for which he provided the soundtrack.

While he doesn't voice any of the characters in *Gnomeo and Juliet*, John does pop up on screen — in a sense. As dim-witted suit-or Paris (voiced by Stephen Merchant) serenades Juliet

"There I am, Glam Gnome, the Gnomosexual."

ELTON JOHN

with John's classic Your Song, he morphs into a gnome version of the glam singer himself.

"There I am, Glam Gnome, the Gnomosexual," he says with a laugh. "I lost it when I saw that. It's very important if you're British to take the piss out of yourself. I think you're raised to do that in England, which is rather good."

The star-crossed gnomes of the movie's title belong to neighbouring — and warring — red and blue camps, but John insists audience shouldn't read too much political allegory into it, despite how the red state/blue state battles in the U.S. may have heated up recently.

"We started the film 11 years ago, and if we'd had the foresight to do that, I'd say we're f-ing geniuses," he says. "But I do feel as though there is a message in this film. We spend so much time hating each

other because our parents tell us that's what we have to do."

Gnomes or no gnomes, John's own feelings about gardens are a bit ... conflicted.

"I grew up at my grandmother's house and it was a beautiful garden, but I used to hate mowing the lawn and weeding, which is what you do when you're a kid," he explains. "I loathed it and I loathed gardening, but I have two beautiful gardens. I cannot bear gardening, but I love gardens."



Scene in brief



The View co-host Sherri Shepherd has answered a call from a higher power — The Gospel Music Association.

Shepherd will host The Dove Awards and she says fans can expect "a hot night of Godly music and comedy" at Christian Music's annual celebration of voices raised in faith.

The comedian and actress is a Daytime Emmy winner for her work on The View and the host of The Newlywed Game.

THE ASSOCIATED PRESS



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metro

SPACE

Perry looks for happiness in Mr. Sunshine

► New ABC comedy brings an back old 'Friend' ► Show looks at the hijinks behind a San Diego sports arena

On his new ABC sitcom, Mr. Sunshine, Matthew Perry plays a chap whose life is clouded.

He plays Ben Donovan, the manager of a big San Diego sports arena, the Sunshine Center, which hosts a variety of attractions. "Every night, 17,505 people come here expecting to have a good time," Ben declares. "And I make sure they do."

But there are also a host of attendant wacky problems. On the series premiere (Wednesday at 9:30 p.m. ET), the circus is booked, but the ice from the previous night's hockey game isn't melting. Oh, and an elephant is lost in the building.

Meanwhile, Ben has hit his 40th birthday. It's a wake-up call. Suddenly, he sees he isn't as happy as he had thought.

"He's a solipsistic, self-centred man," says Perry. "But his eyes get opened a little bit, and he realizes that the ticket to being happy and having some kind of inner peace in his life is to stop thinking



► Matthew Perry stars in Mr. Sunshine.

about himself all the time, and maybe think about his fellow man."

With Ben at its, well, heart, Mr. Sunshine will deal with his blundering efforts to transform himself into someone more caring and willing to commit.

Ben is joined by a crew of zanies at the Sunshine Center, most notably his boss, Crystal, the arena's erratic and highly inappropriate owner, who is played by Allison Janney (*The West Wing*).

Janney, says Perry with a sly grin, "is up for anything. One of the character traits she chose for Crystal is ... to slap me across the face. That became a running gag."

The cast also includes Andrea Anders, James Llosure and Nate Torrence, with Jorge Garcia (*Lost*) in a recurring role as a pokerfaced maintenance worker. THE ASSOCIATED PRESS

Is Something Not Quite Right?



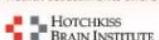
Do You:

- Feel suspicious or paranoid?
- Get confused about what is real or imaginary?
- Have trouble concentrating or thinking clearly?
- Have problems with social activities, school or work?
- Hear sounds or voices that aren't really there?
- Have trouble communicating clearly?
- Feel that you are not in control of your own thoughts?
- See things that aren't really there?

If you have any of these symptoms and are between 12 and 30 years of age, you may be eligible to participate in the NAPLS study.

The NAPLS study is trying to learn more about what happens biologically and clinically when a person develops a psychotic disorder. Changes in mood, thinking and behavior may be the early signs that you or someone you know are at risk for psychosis.

If you are eligible for NAPLS, participating in this study will give you the opportunity to receive extensive mental health assessments and brain imaging.



For more information contact us at:
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This study has been approved by the Conjoint Health Research Ethics Board (Ethics ID: 22020)

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Canada

Beckhams set for baby girl: Report

With David and Victoria's daughter on the horizon, three boys in Beckham clan will finally get a sister



► David and Victoria Beckham

After three sons, David and Victoria Beckham are reportedly welcoming a daughter, according to the Sun.

"David and Victoria are

over the moon. This will be their last child and to be told they are having a girl is the icing on the cake for the Beckham clan," a source says. "Victoria is 36 and

David is thinking about life after retirement. For them, with a sister for their boys — who are growing up fast — this is the perfect family." ■ METRO

Harry back with his ex?

Royal watchers think Prince Harry has quietly gotten back together with ex-girlfriend Chelsy Davy, according to the Sun.

The pair, who split up last fall, were spotted spending quality time together at



Prince Harry



Handcuffs for LaBeouf

Shia LaBeouf didn't have the best night out at a bar recently, as the actor had to be restrained with handcuffs by police after an altercation with another patron, according to Radar Online.

LaBeouf was reportedly angered when bar patrons from whom he'd turned down a request for a photo responded with an anti-gay slur. "He charged at me," college student Mark Mastro tells the website.

"I jumped over the patio fence onto the sidewalk to get away from him, but he kept coming after me. ... He was getting in my face. He was talking s—. He was chest-bumping me."

A bouncer soon broke up the argument, and police were called. No arrests were made. ■ METRO

Celebrity tweets

Ashton Kutcher [[@aplusk](#)] Solitary triumph starts and ends with loneliness.

Chris Colfer [[@chriscolfer](#)] My aunt just text me "There's a fake story about you in my tabloid! You've made it, honey! You've made it!" Oy...

Russell Brand [[@rustyrockets](#)] I am hosting Saturday Night Live, Feb 12th. If you have any sketches/jokes please send. Remember, I will ONLY play drug addicts.

Steve Martin [[@SteveMartinToGo](#)] Buffalo wings = chicken wings in spicy sauce. World = full of lies. ■ METRO

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3 life

The signs

Signs of the various eating disorders:

ANOREXIA

- Dieting excessively when not overweight
- Excuses for not eating
- Significant weight loss

BULIMIA

- Excessive concern about weight
- Strict diet followed by binging
- Purging

BINGE EATING

- Eating large amounts
- Eating quickly or in secret

CELIA MILNE



It's a big world after all: Obesity rates have doubled in last 3 decades, study says



Eating disorders affecting all ages

► Estimated that 600,000 women across Canada have bulimia ► 300,000 have anorexia



CElia
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Anicka Novak started dieting at age 14. She was a shy, socially anxious, fearful girl who had been teased about her weight.

"The one thing I could control was my food and my body image," she told Metro. "I found a doctor who prescribed diet pills and that was like magic for me. That was the start of my eating disorder."

Novak flipped and flopped between anorexia and bulimia for an almost unimaginable 36 years. Finally, at age 50, she went for help. "By then the eating disorder had devastated me. I knew if I didn't

take control of it, I was going to die."

For Novak (not her real name), who is now 58, recovery meant dealing not just with her eating disorder, but also coming to grips with her fears and phobias. It is estimated that 600,000 women in Canada have bulimia and 300,000 have anorexia, and the numbers are on the rise.

People with eating disorders often have other mental illnesses, such as substance addiction, problem gambling or sexual addiction.

Bellwood Health Services, a Toronto mental health clinic, reports that 52 per cent of their eating disorder clients are also treated for an addiction.

"The eating disorder had devastated me. I knew if I didn't take control of it, I was going to die"

ANICKA NOVAK

ly more obvious because the sufferer is very thin, bulimia (the cycle of binging and purging) is often hidden.

"Bulimia is very common in middle-aged women. It is your little secret."

The illness is associated with serious health problems such as dental decay, stomach problems, kidney damage and even death.

The Internet is a double-edged sword, says McGrail, offering valuable information but also providing a sinister means for people with eating disorders to enable each other.

"Recovery is possible through quality treatment and counseling, education and support," she says.

Myths

Susan McGrail, clinical director of Bellwood Health Services, busts three myths about eating disorders.

► Only females have eating disorders. Research shows that while men represent a lower percentage, the number of men struggling with eating disorders is on the rise.

► Eating disorders only occur in young people. Women and men of all ages can struggle with an eating disorder.

► People with eating disorders are always skinny. A large proportion are a normal weight or overweight.

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Artisan Bistro, where lunch and civility mix

► This eatery offers an all-day brunch menu fusing Spanish and French cuisine ► Portions don't match prices

LUNCH RUSH

ANDREE LAU
FOOD@METRONEWS.CA

 Artisan Bistro is the place to go for an unhurried, civilized lunch in a decidedly European setting.

Serving all-day brunch, the menu is a fusion of Spanish and French.

The quinoa salad (\$16.50) is a refreshing plate of greens topped with a moist, baked salmon fillet. The mixed-in asparagus was lovely but the bland tomatoes, indicative of this time of year, could be skipped.

I chose the empanada de pino (\$15), a Latin spe-

cialty rarely served in Calgary restaurants.

Like a refined pizza pocket, the slightly sweet bread is stuffed with beef, onions, black olives and hard-boiled egg. It's a change from the ordinary.

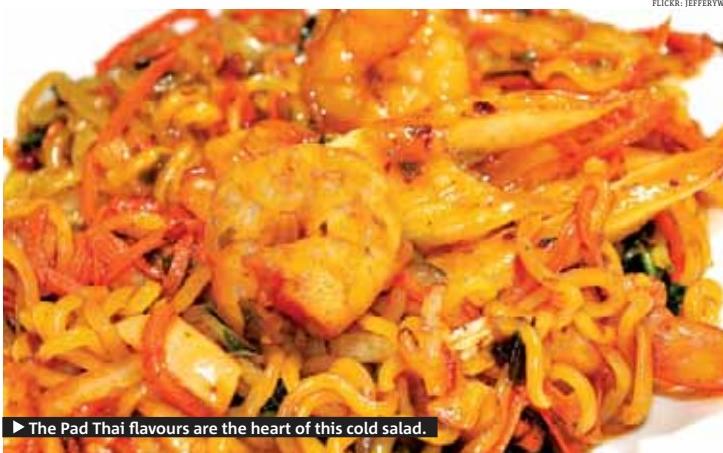
The empanada comes with a lovely, homemade cilantro salsa. Artisan's strength is in its house-made items, especially the chorizo sausage.

My only quibble is that for the price points, portions are on the small side, even if many come with a soup or salad.

► Artisan Bistro
809 First Ave. N.E.
403-263-3727
artisanbistro.com
Price range: \$6 - \$16.95
Rating: 2.5 out of 5



► Baked salmon quinoa salad



► The Pad Thai flavours are the heart of this cold salad.

FLICKR: JEFFERYW

reign supreme

 EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1 In large bowl, pour boiling water over noodles to cover. Let stand for 20 minutes or until tender. Drain and rinse noodles under cold water and drain. Place in bowl.

2 Slice shrimp in half lengthwise. Add shrimp, bean sprouts, cucumber,

green onions, mint and coriander to noodles.

3 In small bowl, whisk together fish sauce, vinegar, sugar, garlic, lime juice and chilli paste. Pour over noodle mixture and toss to combine.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE ABOUT EMILY AND HER RECIPES, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- Half of a 450 g pkg rice noodles
- 1 bag (400 g) cooked black tiger shrimp
- 2 cups (500 mL) bean sprouts
- Half cucumber
- 4 green onions, sliced
- 1/2 cup (125 mL) chopped fresh mint
- 1/4 cup (50 mL) chopped fresh coriander
- 1/4 cup (50 mL) fish sauce
- 1/4 cup (50 mL) rice vinegar
- 2 tbsp (25 mL) sugar
- 2 cloves garlic, minced
- 1 tbsp (15 mL) lime juice
- 1/4 tsp (1 mL) chilli paste

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► Steve & Kellie

BLUES PAVE THE PATH FOR LOVE

Names:
Steve, 26, and Kellie, 22
Hometown:
Calgary
Together since:
2009

Their Story:

Steve and I (Kellie) met during a weekend of volunteering at the Calgary Blues Fest in August of 2009.

I had been checking him out all weekend, but hadn't approached him since I had to head back to Edmonton for my last year of university later that

month.

Thank goodness he broke the ice and spoke to me on the last night of the festival.

We've been happily dating ever since — long distance and all! I'm now back in Calgary but I'm currently preparing for a solo travel adventure to Africa.

Although I'll be halfway around the world, Steve will be on my mind and in my heart — and I can't wait to continue our adventure together when I return!

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THE BATTLE IN THE HOUSEHOLD

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM
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It's a constant battle in our home: My partner thinks she does more work in our house and relationship than I do. Everything is a competition with her. What to do?

Angela says ...

If you're a two-income household, it's not fair for one person to shoulder the majority of the household upkeep. Put yourself in her shoes for a minute to figure out where she's coming from. Is she really burdened with an unfair share? Or is it that you find time to play hockey with your friends while she's home alone? You may simply need to find ways to make her feel as

though there's more of a balance (even if you're not really changing much). Encourage her to go out for a manicure or a movie night with girlfriends.

Derek says...

She might be taking jabs at your endless complaints about being tired. Secretly start a scorecard of relationship responsibilities and check off who does what in your home. If it looks like you're slacking, pitch in. After all, you don't want to enter a competition you can't win. But if you're coming out on top, it's time to discuss rewards for the winner.

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Some food for thought

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

 The voice of doom is focusing on the housing industry of late. David Madani of Capital Economics and Gluskin Sheff & Associates chief economist David Rosenberg are predicting a 25 per cent drop in Canadian housing prices over the next three years.

What's a poor homeowner to do? I know. Get defensive and get rid of that mortgage as quickly as possible.

If it is shopping that's keeping you from being mortgage free, there's now the possibility of a cure, according to five experiments into eating (yes, eating) published in December by Science Magazine.

"People who repeatedly imagined eating a food (such as cheese) many times, subsequently consumed less of the imagined food." The studies concluded, "They did so because they desired to eat it less, not because



► If picturing eating a certain food makes it less desiring, as experts say it can, could we imagine away our mortgage payments?

they considered it less palatable."

The findings got me

Money matters

2006/2010

- Per cent of Households with a mortgage: 34%/34%
- Avg. Mortgage Balance: \$105,000/\$143,000
- Per cent with fixed rates: 71%/68%
- Per cent with variable rates: 29%/32%

Source: Ipsos Reid, Canadian Financial Monitor

thinking about shopping. What if, instead of plunking down good hard cash for that awesome 56-inch plasma home theatre setup you've been lustng after, you set up a daily regime of imagining that you were buying it. Pretty soon you wouldn't even want it and Best Buy would be out of business in no time.

Instead of mall trolling with friends, we could hunker down for a cosy afternoon together imagining we were buying purses, shoes, makeup, DVDs and so on. I'd guess the shopping dampening

effect would be heightened if we could coordinate our imaginings, sort of like chanting in unison.

I can also envision, with a little modification, a role for the latest gaming systems. What about virtual shopping? That ought to cut the desire to shop down to just about zero.

For those who have difficulty imagining buying things, we could train shopping hypnotists. Before we know it "mortgage" would become one of those quaint words of the past, like layaway.

Don't believe the hike? It's comin'

Interest rates, near historic lows for much of the past two years, are widely expected to increase through the latter half of 2011. The cost of carrying debt, including mortgages, lines of credit and credit cards, will be affected.

"Low interest rates have enticed many Canadians to spend more on credit," says Stephen Reichenfeld, VP and wealth counsellor for Fiduciary Trust Company of Canada. "But an im-

proving economy means lending rates will likely rise."

We offer four steps to help you come out ahead.

- Reduce personal debt. Do what you can today to decrease your debt load before borrowing costs increase. Review the option to lock in borrowing costs now and consolidate debt at a lower interest rate.
- Rethink your mort-

gage. If you have an adjustable rate mortgage, and you plan to be in your home for at least five years, consider refinancing options such as converting to a fixed rate mortgage at current rates.

• Equity funds. Stocks tend to benefit more than fixed income products like bonds in a rising interest rate environment. Past market cycles indicate sectors like industrials and

technology benefit when interest rates rise. Additional investment ideas are available on websites like fiduciarytrust.ca.

• Don't hesitate on a major purchase. Consider accelerating your plans to purchase now before interest rates rise. If you're in the market for a new car, there may be zero per cent financing and other incentives available.

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Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



PUT A LITTLE AWAY

RSP season is here! You have until March 1, 2011 to make your contributions for the 2010 contribution year. In most cases, the RRSP tax advantages make it the best tool for long-term retirement savings. If you're over 18, employed or self-employed, you should contribute to an RRSP.

Annually, you're allowed to contribute up to 18 per cent of your income (to a maximum of \$22,000 for year 2010). You receive a tax deduction in exchange for your contribution. Contributions must be made by March 1 for a tax deduction for the previous year.

Funds within the RRSP grow tax-free until withdrawal, at which time you pay taxes at the highest marginal tax rate. Remember though; you'll be retired and making less than when you were working.

The major benefit is that you defer paying taxes until your retirement, which is very useful when you're

starting out in your career, purchasing your first home, growing your family and travelling. Tax deferral allows you to maximize your savings opportunities now because less of your income is going to taxes. You can select almost any type of investment to put in your RRSP — stocks, bonds, mutual funds, etc.

If you over contribute more than \$2,000 beyond your limit, Canada Revenue Agency (CRA) will penalize you at a one per cent tax per month; so stick to the limits. The maximum limits are indexed for inflation each year. Check Stats Canada for annual updates (statcan.gc.ca) or Canada Revenue Agency (cra-arc.gc.ca) to access your personal limit.

If you don't use the full amount of contribution room within your RRSP, you can carry it forward indefinitely. So if you can't afford to maximize your contributions this year, you can try again next year or the year after.

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Are you a risk taker?

► Our quiz will tell you about your investment style — fearless gambler, worrier, or something in between



DUNCAN
MCALLISTER
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Everyone has a different risk tolerance profile when it comes to personal investments. Take our little quiz to see which category you fit into.

1. Suppose you unexpectedly inherited \$20,000 to invest. You would:

A. Deposit it in a savings account or money market fund.

B. Invest it in high-quality bonds or mutual funds.

C. Invest it in a portfolio of common stocks.

2. Given the opportunity to participate in a new venture that could pay up to 100 times your investment, but has only a 20% chance of success, how much would you invest?

A. Nothing.

B. One month's salary.

C. Six month's salary.

3. When choosing a new financial investment, you always:

A. Enlist the services of a Certified Financial Planner for investment advice.

B. Do some research of your own over the Internet.

C. Flip a coin.

4. When you lose money on an investment, your reaction is...

A. I don't suffer losses because my investments are always low-risk.

B. I feel guilty and take it personally.

C. It's just the cost of doing business.

what kind of risk taker you are.

5. When it comes to your personal investments, when you hear the word "risk", you immediately think:

A. I could lose some money.

B. There is a degree of uncertainty, but I'm OK with that.

C. Here is an opportunity to make some cash.

6. My attitude toward savings is:

A. I always put away a certain percentage of my salary every month.

B. I try to save whenever I can.

C. I don't see any reason to save.

7. If you had assumed a fair degree of risk in your portfolio, you:

A. Would have trouble sleeping at night.

B. Wouldn't lose sleep unless things started going south.

C. Would sleep like a baby — it wouldn't bother you at all.

8. If you had the chance to enter a poker tournament:

A. You wouldn't play, since you couldn't tolerate losing.

B. Play, but you would place low-stakes bets.

C. When playing, you would bet everything you had.

Scoring

Add up your score to see

Mostly A's — Conservative.

As a conservative investor, you are risk adverse and don't feel comfortable speculating on the market. You tend towards safer, long-term positions and will always recruit the advice of an investment planner. Safer investments would include a portfolio of Guaranteed Investment Certificates (GICs), Canada Savings Bonds (CSBs), T-bills and money market funds.

Mostly B's — Middle of the Road

As a "middle-of-the-road" investor, you tend not to take risks you feel are out of your reach. You would select an asset mix with a balance of growth as well as safety. You feel comfortable placing your own trades online and follow the markets. Suitable investments would include a mixture of equities and fixed-income as well as mutual funds and precious metals.

Mostly C's — Maverick.

You have a gambler personality when it comes to investing. You believe you can spot new opportunities and capitalize on them. You prefer more speculative, short-term products like new ventures, technology start-ups and mining stocks. Although risk takers make far better returns statistically, it may come with a lot of stress, too.



It's not hard to learn about investing

How to become an astute investor

Get Help: A financial planner can help you decide on the right asset mix and tailor a portfolio for your level of risk tolerance as well as provide suggestions for your long-term and short-term growth.

James Hymas, portfolio manager at Hymas Investment Management Inc., in Toronto advises would-be investors that, "In this uncertain world, investors are better advised to construct a diversified portfolio that, in the long run, guards

against all eventualities: common stocks, particularly resource stocks, to guard against the risk of inflation; bonds, particularly longer-term bonds, to guard against the risk of absence of inflation."

Do your Homework: Use the Internet to locate research materials and market information about your holdings (See sidebar). Learn to read a balance sheet and stock charts as well as the basic fundamentals such as Earnings Per Share (EPS) and Price/Earnings (PE) ratio.

Take a Course: Most universities and community colleges offer beginner courses on investment and financial planning. As well, some banks and investment firms will present regular informational seminars for their clients.

Be Disciplined: Don't invest any more than you can afford to lose. The desire to take risks increases greatly during a winning streak, so it's important to keep a cool head and not get caught up in the euphoria of a fast market.

► DUNCAN MCALLISTER

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► With some advice maximise your RRSP ► You may be able to invest your severance ► A financial advisor can help

The concept of Registered Retirement Savings Plans (RRSPs) is fairly simple. You put money in, get an immediate tax deduction each year up to your annual contribution limit, and your money grows in a tax-deferred environment.

"Canadians are increasingly aware of the importance of setting and working towards personal financial goals," said Victor Dodig, executive vice-president of retail distribution and wealth management at CIBC.

"An effective RRSP strategy also includes taking advantage of all the options available to you to maximize the power and potential of your RRSP," said Debbie Ammeter, a retirement planning expert at Investors Group.

"These options can include the retiring allowance, pension adjustment reversal and

RRSP beneficiary designation."

"One of the easiest ways to make saving for retirement a priority is to set up a regular investment plan. As smaller contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer toward your goals with each contribution while compounding interest, dividends or investment growth," said Dodig.

When you leave a company pension plan or deferred profit sharing plan, you will receive a pension adjustment reversal (PAR) if the total value of your past pension adjustments exceeds the benefit you receive out of the plan.

The PAR restores lost RRSP contribution room and, if you have changed employers in the last year, getting professional advice on your potential

PAR-room can pay off, Ammeter noted.

"Having a conversation with a financial advisor is the first step toward realizing your goals. It's an opportunity to talk about

what matters to you and how you can work toward your goals by taking a holistic view of your financial picture," said Dodig.
NEWS CANADA, WITH FILES FROM JON TATTRIE



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An education in activity

 **MIRIAM OSBORNE**
LIFE@METRONEWS.CA

Calgary-area post-secondary institutions may be places for quiet study, but they're also hives of activity, delving into every passion and interest you have — from toboggan racing to solving crime. Here's a smattering of what's happening at an institute of higher learning near you.

University of Calgary

Flickr: D'ARCY NORMAN



The 2011 Great Northern Concrete Toboggan Race has ended for another year, and it's students from the Schulich School

of Engineering at the University of Calgary who were declared the national champions out of 19 post-secondary schools. The team created a Sherlock Holmes theme and named their toboggan Sledemetary My Dear Watson. They took home the awards for Best Technical Exhibit, Best Costumes and People's Choice. For the third time, the Schulich students also earned the \$2,000 cash prize for the best use of recycled materials in their concrete mix.

Bow Valley College

At the end of last semester, Bow Valley College became the third ever recipient of the imagineCALGARY Partner in Action Award in recognition of the college's commitment to creating a more vibrant and sustainable city. The audience included Mayor Naheed Nenshi, city aldermen and representatives from more than 56 of Calgary's most

environmentally and socially responsible organizations.

St. Mary's University College

SUBMITTED

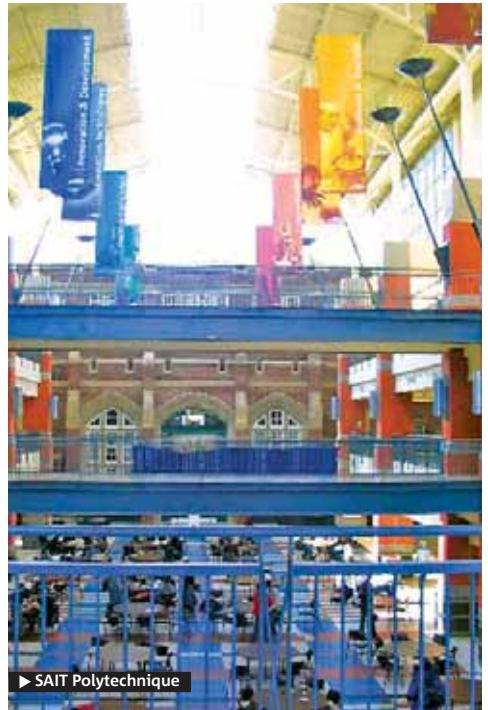


Members of the Calgary Police Service and students in the St. Mary's University College Bachelor of Education program recently celebrated their involvement in the Youth at Risk Development (YARD) program over the past several months. St. Mary's University College

is the first post-secondary institution in Calgary to partner with the early intervention program to keep kids out of gangs.

SAIT Polytechnique

For the second straight year, SAIT Polytechnique was named one of Alberta's Top 50 Employers for 2011 by Mediacorp Canada Inc. SAIT was specifically cited for its maternity leave benefits, encouragement of eco-conscious commuting including public transit subsidies, campus environmental initiatives, commitment to employee wellness with healthy menu choices at campus eateries, support for employee professional development, and pension plans. SAIT offers significant tuition support to employees who want to upgrade their own academic credentials and, since 2005, SAIT's investment has helped 427 employees gain new educational credentials.



► SAIT Polytechnique

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Work your connections

► Alumni are a valuable resource for MBA programs ► An alumni recommendation can go a long way

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Canadian universities are discovering that alumni can be a valuable, two-way window in establishing a strong MBA program.

"Interacting with alumnae gives the potential candidate a good idea if the culture of the program is a good fit or not," says Wendy Ma, assistant director of MBA programs at the University of British Columbia's Sauder School of Business.

Niki da Silva, director of MBA admissions and recruitment at the Richard Ivey School of Business at the University of Western Ontario says the same.

"It gives candidates so much more depth of the school and insight into the real experience of the pro-

It helps

Does it help or hinder to use alumni and business connections to get into school?

"References are very important ... Having said that, you're not getting in because of a big name, but if you've got somebody who's got credibility and they're willing to speak personally about you and what they know about you're capabilities, that's very helpful." — Jim Dewald, associate dean of graduate programs, Haskayne School of Business, University of Calgary.

gram," da Silva explains.

And vice versa, alumni also provide insight into the university when determin-



► Fostering alumni networking is an important part of MBA programs.

ing if candidates are truly a good fit for the program.

"We listen to alumni referrals of candidates because they certainly know what it takes to be successful in the program," da Silva says.

At UBC, MBA graduates have similar influence.

"UBC alumni sometimes help out with the student recruitment process," Ma says. "We have a strong network of relationships here and we trust our alum when they recommend potential applicants."

Ma says that these rela-

tionships continue long after graduation and extend past the borders of the university.

"We see these connections establishing some very solid business contacts," she says. "These relationships go past different industries and

even across international borders."

She believes it is this eclectic foundation of relationships that is the backbone of a good MBA program, harnessing diversity for a more valuable academic experience for the students.

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The high cost of higher learning

► Not sure you'll have enough saved up for university? ► The latest edition of Personal Finance For Canadians For Dummies has some advice

Whether you're about to begin a regular education investment plan or you've already started saving, your emotions may lead you astray. The hype about educational costs may scare you.

However, quality education for your child doesn't have to — and probably won't — cost you as much as those projections suggest.

We explain the inner workings of the financial aid system, help you gauge how much money you'll need, and discuss educational investment options so that you can keep a cool head (and some money in your pocket) when all is said and done.

Strategizing to pay for educational expenses

We don't have just one solution to paying for your kids' education, because how you help pay for your child's university costs depends on your own unique situation.

However, in most cases you may have to borrow some money, even if you have some available cash that can be directed to pay the university bills as you receive them.

By concentrating on contributing to your RRSP or company pension plan and paying down your mortgage today, you'll have a number of options when your kids graduate from high school. If you've paid down some — or all — of your mortgage, you

can borrow against the paid-up value of your home, usually at or near the lowest interest rate.

You'll already have some strong momentum and compounding going on if you've been building up your retirement savings. You've also established a savings habit.

When your kids get close to university age, you can divert your RRSP or other retirement plan contributions to help pay their education costs. When they graduate, you can easily resume your contributions.

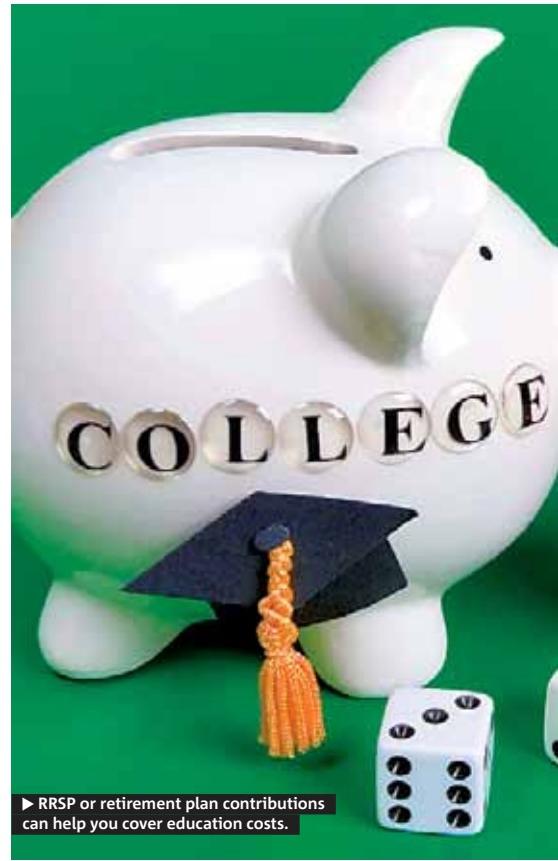
You can even take advantage of the allowable RRSP contributions you missed out on because you're allowed to carry forward unused contribu-

tions indefinitely. (You'll find a summary on the income tax return assessment notice you receive every year.)

This will leave you in much better financial shape than if you had forgone contributions to your RRSP or company retirement savings plan when you were younger in order to start an educational savings program.

And, when your kids are ready to go to university, you'll likely be in your peak earning years, so some extra funds will probably be available.

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► RRSP or retirement plan contributions can help you cover education costs.

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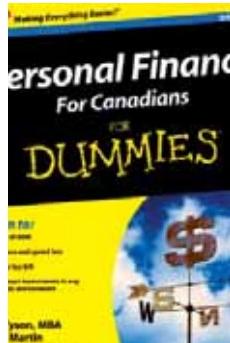
University or college can cost a lot. The total costs — including tuition, fees, books, supplies, room and board, and transportation — vary substantially from school to school.

The total average annual cost is running around \$8,000 to \$12,000 per year. The more expensive schools can cost up to one-third to half as much more. If you have younger children, you'll be interested to hear that some estimates put the cost of a four-year degree, including tuition and living costs, at close to \$100,000 or more by 2020. Ouch!

Is all this expense worth it? Although many critics of higher education claim that the cost shouldn't be rising faster than inflation and that costs can, and should, be contained, denying the value of going to university is hard. Whether you're considering a local community college, your nearby university, or a

high-end business school, investing in education is usually worth the effort and the cost. Unlike a car, which depreciates in value, an investment in education yields monetary, social, and intellectual profits. An investment in education (even if it means borrowing money) gives you more bang for your buck in the long run.

Universities and colleges are now subject to the same types of competition that companies confront. As a result, many schools are clamping down on rising costs. As with any other purchase, it pays to shop around. You can find good value — schools that offer competitive pricing and provide a quality education. Although you don't want your child to choose a university simply because it costs the least, you also shouldn't allow a university choice without any consideration or recognition of cost.



Setting goals

- Be realistic about what you can afford for university expenses given your other financial goals, especially saving for retirement. Being able to personally pay 100 per cent of the cost of a university ed-

ucation is a luxury of the very affluent. If you're not a high-income earner, consider trying to save enough to pay a third or, at most, half of the cost. You can make up the balance through loans, your child's employment before and during university, and the like.

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4 Evenings, Mondays and Wednesdays 6:00-9:00 pm (*March 14, 16, 21 & 23, 2011*)
- **MS Word 2007 (Foundation) - 18 Hours - \$150(\$115*)**
3 Saturdays, 9:00 am - 3:00 pm (*February 26, March 5 & 12, 2011*)
6 Evenings, Tuesdays & Thursdays, 6:00-9:00 pm
(*February 15, 17, 22, 24, March 1 & 3 2011*)
- **MS Excel 2007 (Foundation) - 18 Hours - \$165 (\$120*)**
3 Saturdays, 9:00 am - 3:00 pm (*MARCH 5, 12 & 19, 2011*)
6 Evenings, Tuesdays and Thursdays, 6:00-9:00 pm (*March 1, 3, 8, 10, 15 & 17, 2011*)
- **MS Access 2007 (Foundation) - 18 Hours - \$175 (\$135*)**
Saturdays, 9:00 am - 3:00 pm (*February 26, March 5 & 12*)
6 Evenings, Tuesdays & Thursdays 6:00-9:00 pm (*Open Date*)
- **MS Office (Word, Excel & Access Advanced) - 18 Hours - \$210 (\$165*)**
3 Saturdays, 9:00 am - 3:00 pm (*March 19, 26 & April 2, 2011*)
6 Evenings, Mondays & Wednesdays 6:00-9:00 pm; (*Open Date*)
- **MS Publisher 2007 - 12 Hours - \$155 (\$120*)**
2 Saturdays, 9:00 am -3:00 pm (*March 12 & 19, 2011*)
4 Evenings, Tuesdays & Thursdays, 6:00- 9:00 pm (*March 1, 3, 8 & 10, 2011*)
- **MS PowerPoint 2007 - 12 Hours - \$155 (\$120*)**
2 Saturdays, 9:00 am -3:00 pm (*March 26 & April 2, 2011*)
4 Evenings, Tuesdays & Thursdays, 6:00- 9:00 pm (*February 15, 17, 22 & 24, 2011*)
- **Keyboarding - 12 Hours - \$155 (\$95*)**
2 Saturdays, 9:00 am -3:00 pm (*March 26 & April 2, 2011*)
4 evenings, Mondays & Wednesdays, 6:00-9:00 pm (*February 16, 23, 28 & March 2, 2011*)

Schedules and fees are subject to change without prior notice.

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after graduation,
worked 52 jobs in 52
weeks. Location: Uni-
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Hall A, MacEwan Stud-
ent Centre.

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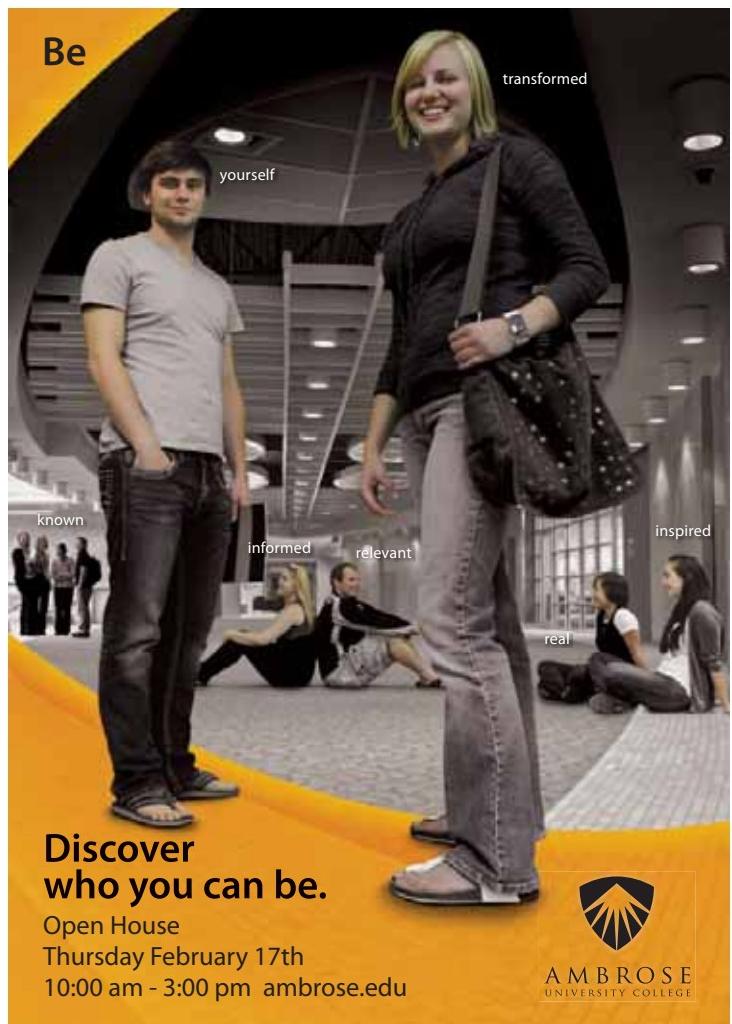
Feb. 10, 7 p.m. Pulitzer Prize winner Deborah Blum speaks about her book *The Poisoner's Handbook*: Murder and the Birth of Forensic Medicine in Jazz Age New York. Tickets: \$10 for students; \$15 for adults. Location: Ross Glen Hall, Mount Royal University.

University of Calgary

March 4, 2 p.m. It's not just red and white. Learn about the various types of wine, their flavours and food pairings. Registration fee: \$10. Location: University of Calgary, MacEwan Student Centre.

Alberta College of Art and Design

To March 21. Pre Human, Posthuman, Inhuman. A performance series that uses raw clay masks and prosthetics as a means for altering the human body. Location: Lower Main Hall, Alberta College of Art and Design.



Emery signs up with Ducks

Ray Emery is taking the next step in his bid to return to the NHL.

The Anaheim Ducks have signed the goaltender to a two-way contract.

He will be assigned to the Syracuse Crunch of the American Hockey League, but must clear waivers first.

The 28-year-old netminder has been out of hockey for more than a year after undergoing hip surgery.

Emery was diagnosed with avascular necrosis, a disease where the interruption of blood supply causes bone tissue to die.

In 163 career NHL regular-season games, Emery posted an 87-51-15 record with a 2.70 goals-against average. He hasn't played since Feb. 1, 2010.

THE CANADIAN PRESS

Kessel explains comments

Phil Kessel says it was all just a misunderstanding.

One day after making headlines with cryptic comments about his relationship with Maple Leafs coach Ron Wilson and his current role with the team, the struggling forward was much clearer with his feelings yesterday morning.

Kessel repeatedly stated that his frustrations are solely with his own play.

THE CANADIAN PRESS

3B Young wants out of Texas

Michael Young has asked the Texas Rangers to trade him. General manager Jon Daniels says the AL champions are willing to accommodate that request though "nothing is imminent."

THE ASSOCIATED PRESS

Titans name new head coach

The Tennessee Titans have hired Mike Munchak as the franchise's 16th head coach, deciding to promote from within to replace Jeff Fisher.

It will be Munchak's first head-coaching job.

THE ASSOCIATED PRESS

On the inside once again

- Flames are in a playoff position for the first time since Oct. 29
- Knock off the defending champion Blackhawks who now sit tenth in West



► Blackhawks goalie Corey Crawford deflects a shot from Olli Jokinen last night.

Curtis Glencross scored the winner in the third period last night and Miikka Kiprusoff turned aside 22 shots as the Calgary Flames defeated the Chicago Blackhawks 3-1.

Mikael Backlund and Rene Bourque, into an empty net, had the other goals for the Flames, who moved into a playoff spot in the Western Conference.

After taking a feed from Olli Jokinen off the rush, Glencross took a couple strides before firing his 14th goal of the season past the glove of Corey Crawford at 8:37 of the



third. Jokinen finished with two assists on the night.

After sitting outside the top eight in the West for exactly 100 days, the

Flames move ahead of the idle Los Angeles Kings and into sole possession of eighth spot.

Calgary (27-21-7) is 7-0-1 in its last eight games and continues a four-game homestand tomorrow against Ottawa.

Patrick Kane scored for Chicago (27-22-4). The defending Stanley Cup champions have lost four of their last five and are 1-2-0 halfway through a six-game road trip.

Calgary has won two in a row against Chicago at the Scotiabank Saddledome after entering this season having lost seven

straight against the Blackhawks on home ice.

After backing up Marty Turco the past two games, Crawford was inserted back in the lineup and responded with an excellent effort. He stopped 20 of 21 shots to keep the game tied 1-1 after two periods.

Crawford also had some luck on that man advantage with Jokinen blasting a shot off the post. Earlier in the period, Jarome Iginla also hit the iron.

Chicago's top-ranked power play went 0-for-4, getting blanked for the second straight game.

THE CANADIAN PRESS

4 sports

Quoted



"I have a lot of feelings going on. I think I'm frustrated, mostly."

BOSTON BRUINS CENTRE MARC SAVARD, WHO ANNOUNCED YESTERDAY THAT HE WOULD MISS THE REST OF THE SEASON DUE TO HIS SECOND CONCUSSION IN LESS THAN A YEAR.

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Ice nice, baby? Forecast good

-23

Edmonton hosted the Habs in the frigid first Heritage Classic in 2003. Minus 23 conditions prompted Montreal goaltender Jose Theodore to pull a tuque over his helmet.

Dan Craig is promising fast ice for the Heritage Classic — if the favourable weather forecast holds.

The NHL's chief icemaker is rubbing his hands together in glee at the long-term outlook that calls for clear skies and a high of -5 C on Feb. 20, when the Calgary Flames host the Montreal Canadiens at

McMahon Stadium in the second outdoor NHL game played in Canada.

"It's going to be a very fast sheet of ice," Craig said yesterday during a conference call. "If I was going to pick an ideal temperature for us to have our game in, it would be minus five, minus six."

Rain made for a soggy

Winter Classic in Pittsburgh. Given southern Alberta's climate, it's unlikely Craig will have to deal with wet conditions in Calgary.

No precipitation is predicted after Feb. 15, which would be a relief to stadium workers, who were clearing the stands for the third time since Dec. 1 yesterday.

THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	53	35	13	2	3	180	137	75	18-7-0-2	17-6-2-1	8-2-0-0	W1
d-Tampa Bay	54	33	16	3	2	164	126	71	18-5-1-1	15-11-2-1	7-3-0-0	W1
d-Boston	53	30	16	2	5	161	119	67	14-10-1-2	16-6-1-3	6-4-0-0	L1
Pittsburgh	54	34	16	2	2	164	122	72	19-9-1-0	15-7-1-2	8-2-0-0	L1
Washington	54	29	15	5	5	150	134	68	17-5-2-5	12-10-3-0	5-2-1-2	W2
Montreal	54	30	19	4	1	139	131	65	18-7-3-1	12-12-1-0	6-2-1-1	L1
NY Rangers	56	29	23	2	2	155	154	62	12-12-2-1	17-11-1-0	3-6-0-1	L5
Carolina	53	26	21	2	4	159	164	58	14-9-1-1	12-12-1-3	5-5-0-0	W1
Atlanta	56	24	22	4	6	162	183	58	12-11-1-4	12-11-3-2	5-5-1-2	L4
Buffalo	51	24	22	5	0	145	149	53	12-12-1-0	12-10-4-0	6-4-0-0	W1
Florida	52	23	23	2	4	140	141	52	11-8-2-3	12-15-0-1	3-3-1-3	W1
Toronto	53	22	26	2	3	138	166	49	13-11-2-1	9-15-0-1	4-5-0-1	W1
New Jersey	53	19	30	3	1	113	154	42	10-13-2-1	9-17-0-1	7-1-2-0	W1
Ottawa	54	17	29	5	3	119	178	49	9-15-2-5	8-14-3-1	0-8-1-1	L10
NY Islanders	52	17	28	3	4	128	169	41	9-12-1-3	8-16-2-1	4-6-0-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	54	35	10	4	5	183	127	79	19-3-1-4	16-7-3-1	6-1-1-2	W6
d-Detroit	53	32	15	4	2	176	156	70	16-7-3-1	16-8-1-1	5-4-0-1	W1
d-Dallas	53	30	18	1	4	152	150	65	16-7-1-3	14-11-0-1	5-5-0-0	L2
Nashville	54	28	19	4	3	141	129	63	12-5-2-3	16-14-1-0	4-5-0-1	L1
Phoenix	55	27	19	6	3	156	156	63	12-10-3-2	15-9-3-1	4-6-0-0	W2
San Jose	53	28	19	4	2	150	164	62	13-10-2-1	15-9-2-1	7-1-2-0	W1
Anaheim	54	29	21	2	2	146	150	62	17-8-0-1	12-13-2-1	7-3-0-0	W1
Calgary	55	27	21	2	5	157	161	61	15-9-2-0	12-12-2-3	7-1-1-1	W1
Los Angeles	53	29	22	1	1	150	129	60	17-9-1-2	12-13-0-4	6-3-0-1	W2
Minnesota	52	27	20	1	4	135	138	59	12-11-2-0	15-9-1-2	6-4-0-0	L1
Chicago	53	27	22	2	2	168	150	58	16-13-0-1	11-9-2-2	5-4-0-1	L2
Colorado	53	25	26	6	0	164	175	56	14-13-3-0	11-9-3-0	3-7-0-0	L4
Columbus	52	25	22	3	2	141	162	55	13-12-0-1	12-10-3-1	5-3-1-1	W2
St. Louis	51	23	20	4	4	138	153	54	16-8-1-2	7-12-3-2	3-5-2-0	L1
Edmonton	53	16	29	1	7	133	180	40	7-14-1-3	9-15-1-3	2-7-0-1	W1

d – division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Tampa Bay 4 St. Louis 3 (OT)
Washington 3 Pittsburgh 0
Tonight's games
Carolina at New Jersey, 7 p.m.
Toronto at NY Islanders, 7 p.m.
Columbus at Pittsburgh, 7 p.m.
San Jose at Washington, 7 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
St. Louis at Florida, 7:30 p.m.

MAPLE LEAFS 5, THRASHERS 4

First Period

1. Atlanta, Kane 14 (Little, Bogosian) 2:39 pp
2. Atlanta, Byfuglien 17 (Bogosian, Peverly) 16:14 (pp)

Penalties – Kessel Tor (hooking) 1:04, Komisarek Tor (interference) 9:34, Ladd Att (cross-checking) 10:29, Versteeg Tor (slashing) 12:57, Phaneuf for (cross-checking) 14:47, Bozak Tor (hooking) 15:54, Komisarek Tor (tripping) 18:58.

Second Period

3. Toronto, Phaneuf 2 (Grubovsk, Kulemin) 1:21
4. Toronto, Grubovsk 22 (MacArthur, Kaberle) 4:06 (pp)

5. Atlanta, Antropov 10 (Stewart) 4:45
6. Toronto, MacArthur 17 (Kaberle, Versteeg) 15:37

Penalties – Stapleton Atl (hooking) 2:03, Thorburn Att (delay of game) 2:07, Grubovsk Tor (tripping) 10:20.

Third Period

7. Toronto, Kulemin 19 (unassisted) 4:17
8. Toronto, Brent 7 (Crabb, Armstrong) 9:28

9. Atlanta, Ladd 17 (Peverly, Little) 11:01
Penalty – Peverley Atl (hooking) 19:22.

Shots
Atlanta 18 7 34
Toronto 11 10 11-32

Goal – Atlanta: Pavelec (L17-15-8); Toronto: Giguere (W,11-9-3). **Power plays (goals-chances)** – Atlanta: 2-7; Toronto: 1-4.

Referees – Dennis LaRue, Chris Lee. **Linesmen** – Brad Kovachik, Lonnie Cameron. **Attendance** – 19,104 (18,819) at Toronto.

OILERS 4, PREDATORS 0

First Period

1. Edmonton, Cogliano 8 (Eberle, Hall) 14:27
Penalties – None.

Second Period

2. Edmonton, Jones 12 (Fraser, Redden) 14:23

3. Calgary, Glenross 14 (Jokinen, Regehr) 8:37
4. Calgary, Bourque 16 (Jokinen, Iglesias) 19:35 (en, pp)

Penalties – Tanguay Cal (holding stick) 8:56, Sharp Chi (goaltender interference) 13:00, Seabrook Chi (unsportsmanlike conduct) 18:46.

Shots
Chicago 3 11 9-23
Calgary 10 11 7-28

Goal – Chicago: Crawford (L16-11-2); Calgary: Kiprusoff (W,23-18-3). **Power plays (goals-chances)** – Chicago: 0-4; Calgary: 1-4.

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Referees – Dennis

Crossword

Across

1 Grand story
5 CXXII quintuplets
8 Pond organism
12 Wealthy
13 Boxer Muhammad
14 Adolescent
15 Old portico
16 Home aquarium
18 Shirt style
20 Third rock from the Sun
21 Anonymous
Richard
22 Lobbying org.
23 English composition
26 Sarge in military slang
30 Before
34 Dine
32 Female deer
33 Fight with both fists and feet
36 Johnny Mathis classic
38 Under the weather
39 Bronze
40 —Saxon
43 Grandstand location
47 Strap in a car
49 Desire
50 Hardy cabbage
51 Wish undone
52 Property claim
53 Luminary
54 Jewel
55 Criterion
Down
1 Formerly, formerly
2 Pocket bread
3 PC picture
4 Energy point, in



Today's horoscope

Aries March 21-April 20 You think you are the only one who knows what is going on. But before you go spreading your conspiracy theory, it might be wise to wait a while. New information will put everything into perspective.

Taurus April 21-May 21 If you are the kind of Taurus who gets involved in causes to make the world a better place, you will enjoy yourself immensely today.

Gemini May 22-June 21 Both in your personal life and at work, you will go out of your way to help people in need today. However, watch out for individuals who trick you into thinking they need assistance when really they are just lazy.

Cancer June 22-July 22 You have known for some time that you need to get serious about your money situation. What happens today will force you to save. You also need to find new sources of income.

Leo July 23-Aug. 23 Make a special effort to get your message across to loved ones. Is there something you have been wanting to say but for one reason or another never got around to? Say it today, and watch faces light up.

Virgo Aug. 24- Sept. 22 Give your imagination permission to roam today and don't reject ideas just because they seem too outrageous to ever come true. You have the power to make things happen.

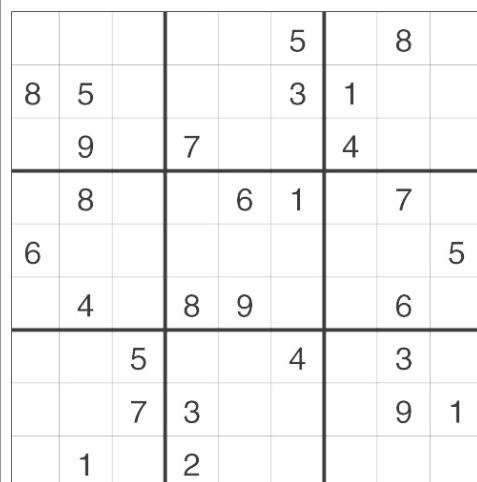
For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 Don't worry if others say you are acting irrationally. What they mean is that they don't understand you. That's not a bad thing. The last thing you want is for others to be able to predict your next move.

Scorpio Oct. 24-Nov. 22 You don't have to do anything special or go anywhere new to attract good things today. Just stay right where you are and they will find you.

Sagittarius Nov. 23-Dec. 21 If you reach for the biggest prize, you can make it yours with ease. You have so much talent and so much potential, and it's about time you did something with it. Make it something great.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	9	5	4	7	3	2	6	8
7	8	3	2	5	6	4	1	9
6	4	2	8	1	9	3	7	5
5	7	4	6	8	1	9	3	2
8	3	6	9	2	7	5	4	1
9	2	1	3	4	5	7	8	6
2	5	8	7	6	4	1	9	3
3	6	7	1	9	2	8	5	4
4	1	9	5	3	8	6	2	7

A look at the weather

TODAY Min -17° Max -9° **WEDNESDAY** Min -13° Max -3° **THURSDAY** Min -7° Max 1°

Andrew Schultz,
Meteorologist



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Barceló Ixtapa Beach Resort PRIVILEGES

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MEXICO | Cancun/Riviera Maya

Crown Paradise Club Cancun

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Add taxes & other fees: \$249

MEXICO | Cancun/Riviera Maya

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MEXICO | Puerto Vallarta/Riviera Nayarit

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Grenadian by rex resorts

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ANTIGUA via Montreal

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Add taxes & other fees: \$174

DOMINICAN REPUBLIC | Punta Cana

Barceló Bavaro Palace Deluxe

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Add taxes & other fees: \$174

DOMINICAN REPUBLIC | Punta Cana

Gran Bahia Principe Punta Cana PRIVILEGES

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Add taxes & other fees: \$174

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JAMAICA

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